

Nutrition News: Picture the Portion

So you know how many serving from the Food Guide Pyramid your family should eat, but what counts as a serving? Use the pictures below to help you picture the correct portion size.

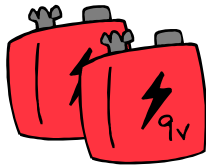
One serving of...

Yogurt, dry cereal, whole fruit, beans, or vegetables =



Size of a baseball

Cheese =



Size of 2 9-volt batteries

Cooked vegetables, sliced or canned fruit, pasta, or rice =



Size of a small computer mouse

Meat, poultry, or fish =



Size of a deck of cards

Bread =



Size of a disk

Peanut Butter =



Size of a roll of film